



# SENIOR NEWS

## City of Chandler Senior Center

202 E. Boston Street  
Chandler, AZ 85225

480-782-2720

Fax: 480-782-2725

[www.chandleraz.gov/senior-adult](http://www.chandleraz.gov/senior-adult)

Monday–Friday

8 am– 5 pm

*Holiday Closures:*

July 5, September 3

## BULLETIN BOARD

### Mark Your Calendars!

#### July 3 - 4th of July Party

Come celebrate the birth of our beautiful country!



#### August 14 - Luau

Aloha! Come ready for a party on the Hawaiian Islands!

#### September 24 - "Just Because" Party: RED

We're going to party just because we can!  
The theme is "RED", so come decked out in anything red you can find! Most spirited could win a prize!



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## NEWSLETTER CHANGES

### E-Newsletter

Want to receive your newsletter at least seven days before everyone else and help us save on postage at the same time??? Sign up for our e-newsletter list to receive it by email! Please call 480-782-2720 to be put on the e-mail list.

### Newsletter is now quarterly

Starting now, the newsletter will be printed on a quarterly basis. We'll be covering three months worth of activities, parties, and trips from here on out!

*Join Gloria for our 4th of July Party!*



## SENIOR CENTER TEAM

### City of Chandler Recreation

Recreation Coordinator II: Nancy Jackson (480) 782-2722

Recreation Coordinator I: Eliza Mercado (480) 782-2741

Recreation Coordinator I (Therapeutics): Collette Prather (480) 782-2709

Customer Service Representative: Loretta Colson (480) 782-2720

### Chandler Christian Community Center

Senior Food Programs Manager: Kelly Delgado (480) 503-6058

Food Program Specialist: Phil Vitrano (480) 782-2721

# SENIOR NEWS

**July– September 2012**

## SITE COUNCIL

Want to have a voice in what happens at the Senior Center? Attend our Senior Site Council meetings. Meetings are held regularly on the 3rd Monday of each month at 9:30 am. The next meeting will be on September 17. There will be no meetings in July or August.

**President:** Edna Robinson

**Vice President:** Maretta Wood

**Treasurer:** Betty Crawford

**Secretary:** Carol Temple

**Members:** Leonard Bhaerman, Thelma Brown, Doris Campbell, , Leonardo Chapelle, Ronnie DeLao, Ira Hutchinson, Dwayne Jacobs, Bert Johanson, LaVerne Johanson, Edna Kelch, Ann Moore, Rosemary Morton, George Pace, Kiyoko Romero, Nick Simiz, and Prannath Tiku

**Staff:** Nancy Wagner, Recreation Coordinator II, City of Chandler

**Menu Committee:** The next menu meeting will be held August 9 at 1:30 pm at the Chandler Senior Center.

## LUNCH AT THE SENIOR CENTER

Meals are served Monday – Friday at 11:30 am.

Arrive by 11:00 am to check in for lunch.

Please note that monthly menus can be picked up at the front desk of the Senior Center or found at our website [www.chandleraz.gov/senior-adult](http://www.chandleraz.gov/senior-adult)

**Reservations are not required.**



*Suggested donation is \$2.50 for seniors who are 60 years and older, and \$4 for those under 60.*

## ACTIVITY, TRIP AND CLASS REGISTRATION AND CANCELLATION INFORMATION

Please take the time to fill out the registration form for each event you would like to participate in so we can process your registrations easier.

**Registration is NOT accepted by phone. Please send all registration material to/or drop off at:**

**Chandler Senior Center**

**202 East Boston St.**

**Chandler, Arizona 85225**

**Faxes are accepted ONLY when no payment is required or payment is made by credit card. Our fax number is 480-782-2725.**

### Registration

- Complete and sign the Activity and Trip Registration form for each activity, trip, etc. Multiple activities, classes and trips may be submitted on one form. A receipt will be issued for your registration. No registration forms will be processed without payment. Space is limited, so please register early!
- Submit the Activity and Trip Registration form with your payment. Payments can be made by Master Card, Visa, American Express, debit card, cash or check.

### Cancellation & Refunds

- All cancellations must be made 24 hours in advance (weekends not included) to have money placed on your account for future use. If less than 24 hours, your registration fee will be forfeited.



**Mayor Tibshraeny celebrated with us as we wished Maynard a Happy 105th Birthday in May!**

# SENIOR NEWS

**July– September 2012**

## WEEKLY ACTIVITIES

### MONDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Bingo, Bridge 12 pm
- Bowling at Kyrene Lanes (\$6) 1 pm

### TUESDAY

- Quilting 8:30 am
- Handwork 8:30 am
- Bridge 9 am
- Pinochle 12 pm
- Mah-Jong, Hand/Foot 12:30 pm

### WEDNESDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Golden Singers, Bunco 10 am
- Gardening Club 10:30 am
- Bingo, Pinochle 12 pm
- Hand/Foot 12:30 pm

### THURSDAY

- Quilting 8:30 am
- Bridge 9 am
- Crafts 9 am
- Food Box/ Bread Distribution 10 am
- Cribbage 12 pm
- Euchre 1 pm
- Scrabble 12:30 pm
- Cribbage 12:30 pm

### FRIDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Bingo, Bridge 12 pm
- Mexican Train Dominoes 1 pm

### MONDAY-FRIDAY ACTIVITIES

- Coffee 8 am
- Computer Lab 8 am-5 pm  
(excluding class time)
- Pool table 8 am-5 pm  
(excluding exercise time and cards)
- Lunch 11:30 am
- Wii with Sheila After lunch  
(bowling, tennis, baseball, dance, and more)

## SPECIAL SERVICES

### Have Questions?

Call the **Senior Help Line** 602-264-4357

**Transportation: Dial a Ride** 480-633-0101 ext. 4

**Coupons for Cabs** 480-962-7433

**Counseling:** Renee will be available for one-on-one counseling the 1st and 3rd Thursday of every month starting at 8:00 am. Call Renee at (602) 672-5048 to make an appointment.

**Peer Counseling:** These free support services can help you work through problems, manage stress, achieve goals and help cope with grief or depression. Contact Renee Ouellet at (602) 672-5048 for details and to make an appointment.

**Diane Ayers with United Healthcare/ Secure Horizons** will be available for consultations on July 11, August 8, and September 5 at 10 am.

**Benefits Assistance Program:** Area Agency on Aging provides free Medicare consultation on the second Monday of every month from 9 am - 12 pm. Call the front desk to make a half-hour appointment.

**John Anthofer with Cigna Healthcare** is available on July 12, August 9, and September 13 from 10 am - 11 am for consultations.

**Hearing Screening:** Miracle Ear will be conducting hearing checks on July 16, August 3, September 24 at 9:30 am.

**Blood Pressure Checks:** Prime Care Hospice will be sponsoring free blood pressure checks on July 5, August 2, and September 6 from 9 - 10 am.

**AARP Driver Safety Program:** Classes are offered the third Thursday of every month from 1-5 pm! Class fee is \$12 for AARP members, and \$14 for non AARP members. Sign up in advance!

**Memoir Group:** Get together with other seniors on the 2nd and 3rd Friday of the month and exchange stories and experiences from your past. Make friends and learn about other people and cultures along the way! This group is led by our resident counselor, Renee.

**Alzheimer's Support Group:** Do you have a friend or family member showing signs of Alzheimer's? Are you struggling yourself? Not sure where to turn? Copper Creek Inn Memory Community is facilitating a support system. Come be educated and strengthened as you talk to others going through the same struggles. Meet the fourth Friday of every month at 10 am in the lounge.

**Golden Diggers:** Strawberries, peppers, herbs ... the plants in our patio need tending! Gardeners will meet on the first Wednesday of the month at 10:30 am in the lounge.

**July– September 2012**

## MONTHLY OUTINGS

### **Movies and Lunch!!!**

#### **What more could you want!?**

Sign up at the Senior Center and come join us!  
Transportation is provided and you pay your way!

#### July

Movie: July 3 - TBD

Lunch: July 18 - Brunchies

#### August

Movie: August 7 - TBD

Lunch: August 22 - Rudy's BBQ

#### September

Movie: September 4 - TBD

Lunch: September 19 - Applebees

### **Monthly Day Trips to the Casino**

Tour the casinos around town with us! Only \$5  
gets you registered and on the bus!

#### July 25

#### **Vee Quiva**

Registration Code: #422SC.442

Pick up at 8:30 am

#### August 27

Your Choice of: **Wild Horse Pass or Lone Butte**

Registration Code: #423SC.442

Pick up at 8:30 am

#### September 26

#### **Harrah's Ak-Chin**

Registration Code: #442SC.142

Pick up at 9:45 am

All cancellations made 24 hours or more in advance will have the \$5 put on account for future use. All cancellations made less than 24 hours in advance will forfeit their fee. Please register at the front desk.

## EDUCATION

### **Educational Meetings in the lounge at 10am:**

- July 6 - Dental One Partners: Oral Cancer (free screening coupons available)
- July 10 - Desert Cove: Bladder Control
- July 11 - United Healthcare counseling
- July 12 - Cigna Healthcare counseling
- July 25 - Lakeshore Mortuary: "Ten things you should know about planning a funeral."
- July 27 - Copper Creek: Alzheimer's Support Group
- July 30 - Hi Health Innovations: Balance (free hearing screening included)
- July 31 - San Tan Chiropractic: Back Pain
- August 8 - United Healthcare counseling
- August 9 - Cigna Healthcare counseling
- August 21 - Hi Health Innovation: "Ringing in Your Ears—It's a Real Problem!"
- August 24 - Copper Creek: Alzheimer's Support Group
- August 28 - Desert Cove: "Signs of Strokes"
- September 5 - United Healthcare counseling
- September 7 - Retirement Insurance Specialist: Medicare Education presentation. Get all your questions answered.
- September 13 - Cigna Healthcare counseling
- September 19 - Garden Speaker
- September 20 - Safeway: Free flu shots. Must sign up at the front desk!
- September 25 - Desert Cove: Respiratory Care
- September 28 - Copper Creek Inn: Alzheimer's Support Group

### **FYI! Classes offered at Chandler Senior Center:**

- Basic Computer I, II, III
- Email/Internet
- Digital Camera
- Zumba, Line Dancing
- iPad Training
- Tai Chi
- Yoga and Meditation
- Clogging
- How to Write Your Family Memories
- Beginner Mahjong, Bridge, and Euchre
- Skype



**July– September 2012**

## ADVENTURES AND EXCURSIONS

### **Friday, July 20 - Rustler's Rooste**

**Activity Code: #418SC.462**

**Cost: \$3 registration fee, \$5 non-residents**

- Formerly a hideout for cattle rustlers, Rustler's Rooste is now Arizona's legendary cowboy steakhouse. This place has a very western feel with its indoor waterfall, a slide into the dining room (you can take the stairs if you choose) and a breathtaking view of the city lights as it sits in the foothills of South Mountain. Come enjoy the free appetizer buffet with us and enjoy a view and quality musical entertainment as well! Drinks and main dishes are not included in the buffet.
- Leave the Senior Center at 3:30 pm
- Return time approximately 6:30 pm

### **Thursday, July 26 - Diamondbacks Game**

**Activity Code: #419SC.452**

**Cost: \$20 registration fee, \$27 non-residents**

- Let's go to Chase Field to watch as the Diamondbacks take on the New York Mets!
- Leave the Senior Center at 5:30 pm
- Return time approximately 10:00 pm

### **Friday, August 3 - Arizona Capitol Museum and Yogurt**

**Activity Code: #420SC.462**

**Cost: \$3 registration fee, \$5 non-residents**

- The Arizona State Capitol Museum was the actual state capitol building when Arizona became the 48th state exactly 100 years ago! State business is now conducted in adjacent buildings and the museum itself now just holds our local history! Entrance to the museum is FREE but bring some money for frozen yogurt from "A Touch of Yogurt" to hold us over on the drive home!
- Leave the Senior Center at 8:45 am
- Return time approximately 1:00 pm

### **Friday, August 17 - Hale Theater: Bye, Bye, Birdie**

**Activity Code: #421SC.462**

**Cost: \$26 registration fee, \$35 non-residents**

- This musical classic set in 1960 is coming to Hale Theater! Teen idol superstar, Conrad Birdie has been drafted into the army so his manager and secretary have devised a plan to send him off in style! Come enjoy this colorful show featuring musical hits such as "Put on A Happy Face" and "A Lot of Living To Do"!
- Leave the Senior Center at 6:30 pm
- Return time approximately 10:00 pm

### **Wednesday, September 12 - Musical Instrument Museum**

**Activity Code: #438SC.142**

**Cost: \$3 registration fee, \$5 non-residents**

- This museum is full of instruments and music from throughout the whole world! The exhibits are divided by continents and contain endless entertainment and information about evolving music. This is always a crowd favorite! Lunch is on your own at the museum café.
- Leave the Senior Center at 9:15 am
- Return time approximately 2:00 pm

### **Tuesday, September 28 - Taliesin West**

**Activity Code: #439SC.132**

**Cost: \$3 registration fee, \$5 non-residents**

- Frank Lloyd Wright began building this desert masterpiece in 1937 as his personal winter home in the Sonoran foothills of the McDowell Mountains. Today it is a must-see touring site where visitors can experience firsthand what it was like to be a guest in this famous home. Please bring \$22 cash for the tour to hand in when you arrive at the Senior Center.
- Leave the Senior Center at 8:30 am
- Return time approximately 2:00 pm

## EVENTS CALENDAR

- July 3 - 4th of July party! Music by Gloria Crandal and goodies by Chandler Atria Villas!
- July 3 - \$2 movie at Tempe Pollack Cinemas
- July 5 - Blood Pressure Checks
- July 5 - Counseling with Renee
- July 6 - Dental One Partners: Oral Cancer
- July 9 - Music with Jay Farris 10 am
- July 9 - Medicare Benefits Assistance
- July 10 - Desert Cove: Bladder Control
- July 10 - Dining out with Gilbert: Sal's Gilbert Pizza
- July 11 - Diane Ayers with United Healthcare
- July 12 - John Anthofer with Cigna
- July 13 - Memoir Group with Renee
- July 16 - Music with MJ Moore
- July 16 - Miracle Ear hearing screening
- July 18 - Keith with MedAssure can tune up your walker, wheelchair or power chair!
- July 19 - Counseling with Renee
- July 19 - AARP Defensive Driving Course
- July 20 - Memoir Group with Renee
- July 20 - Trip to Rustler's Rooste
- July 23 - Music with Don Bonner
- July 25 - Trip to Vee Quiva Casino
- July 25 - Lakeshore Mortuary: "10 Things Everyone Should Know About Planning a Funeral"
- July 26 - Diamondbacks vs Mets Game
- July 27 - Alzheimer's Support Group with Copper Creek Inn
- July 30 - Hi Health Innovations: Balance. (Includes free hearing screening)
- July 31 - San Tan Chiropractic: Back Pain

## Entertainment, Speakers, Trips, Medical Screenings and Special Events

# July 2012

July - September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Party 10 am Out to the Movies	4 Center Closed for Independence Day	5 Screening 9 am Counseling 8 am	6 Presentation 10 am	7
8	9 Benefits Assistance 9 am Music 10 am	10 Speaker 10 am Dining out with Gilbert 4:30 pm	11 Consultations 10 am	12 Consultations 10 am	13 Memoir Group 10 am	14
15	16 Music 10 am Screening 9:30 am	17	18 MedAssure 9:30 am Out to Eat 11 am	19 Counseling 8 am AARP Driving Course 1 pm	20 Memoir Group 10 am	21
22	23 Music 10 am	24	25 Casino 8:30 am Speaker 10 am	26 Trip 6:30 pm	27 Alzheimer's Support Group 10 am	28
29	30 Speaker 10 am	31 Speaker 10 am				

## EVENTS CALENDAR

- Aug 2 - Blood Pressure Checks
- Aug 2 - Counseling with Renee
- Aug 3 - Trip to Arizona Capitol Museum
- Aug 3 - Hearing tests with Miracle Ear
- Aug 6 - Music with Carl Nyberg
- Aug 7 - A Taste of Atria 10 am
- Aug 7 - \$2 movie at Tempe Pollack Cinemas
- Aug 7 - Dining out with Gilbert: Serranos
- Aug 8 - Diane with United Healthcare
- Aug 9 - John Anthofer with Cigna Healthcare
- Aug 10 - Memoir Group with Renee
- Aug 13 - Medicare benefits assistance
- Aug 13 - Hi Health Innovations: "Ring in Your Ears—It's a Real Problem!"
- Aug 14 - Luau at the Senior Center with David Keller providing the music!
- Aug 16 - Counseling with Renee
- Aug 17 - Hale Theater: "Bye Bye Birdie"
- Aug 17 - Memoir Group with Renee
- Aug 20 - Music with Fletcher Music Centers
- Aug 21 - Hi Health Innovations: "Ring in Your Ears—It's a Real Problem!"
- Aug 22 - Sun Valley Hospice hosts Legacy Funeral Home
- Aug 22 - Out to Eat: Rudy's BBQ
- Aug 23 - AARP Defensive Driving Course
- Aug 24 - Alzheimer's Support Group with Copper Creek Inn
- Aug 27 - Wild Horse Pass or Lone Butte Casino
- Aug 27 - Music and Tap with Dixie Roberts
- Aug 28 - Desert Cove: Signs of Stroke

## Entertainment, Speakers, Trips, Medical Screenings and Special Events

# August 2012

July– September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Screening 10 am Counseling 8 am	3 Trip 8:45 am Screening 9:30 am	4
5	6 Music 10 am	7 Taste of Atria 10 am Out to the Movies Dining out with Gilbert 4:30 pm	8 Consultations 10 am	9 Consultations 10 am	10 Memoir Group 10 am	11
12	13 Music 10 am Benefits Assistance 9 am	14 Party 10 am	15	16 Counseling 8 am	17 Memoir Group 10 am Trip 6:30 pm	18
19	20 Music 10 am	21 Speaker 10 am	22 Speaker 10 am Out to Eat 11 am	23 AARP Driving Course 1-5 pm	24 Alzheimer's Support Group 10 am	25
26	27 Music 10 am Casino 8:30 am	28 Speaker 10 am	29	30	31	

## EVENTS CALENDAR

- Sept 4 - Music with Dallas West and goodies from Chandler Atria Villas
- Sept 4 - \$2 movie at Tempe Pollack Cinemas
- Sept 5 - Diane Ayers from United Healthcare
- Sept 6 - Blood Pressure Checks
- Sept 6 - Counseling with Renee
- Sept 6 - Dining Out with Gilbert: Elephant Bar
- Sept 7 - Retirement Insurance Specialist: Medicare Education Presentation
- Sept 10 - Music with Gloria Crandall
- Sept 10 - Medicare Benefits Assistance
- Sept 12 - Trip to the Musical Instrument Museum
- Sept 12 - Gardening Club Kick-Off Meeting
- Sept 13 - John Anthofer with Cigna Healthcare
- Sept 14 - Memoir Group with Renee
- Sept 17 - Site Council Meeting
- Sept 17 - Music with MJ Moore
- Sept 18 - Talliesin West
- Sept 19 - Keith with MedAssure can tune up your walker, wheelchair, or power chair!
- Sept 19 - Out to Eat: Applebees
- Sept 20 - Counseling with Renee
- Sept 20 - Safeway sponsors flu shots
- Sept 20 - AARP Defensive Driving Course
- Sept 21 - Memoir Group with Renee
- Sept 24 - Hearing checks with Miracle Ear
- Sept 24 - "Just Because" party featuring music with CB Kelton. Wear red!
- Sept 25 - Desert Cove: Respiratory Care
- Sept 26 - Harrah's Ak-Chin Casino
- Sept 28 - Alzheimer's Support group

## Entertainment, Speakers, Trips, Medical Screenings and Special Events

# September 2012

July - September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <b>Center Closed for Labor Day</b>	4 Music 10 am with Goodies from Chandler Atria Villa Out to the Movies	5 Consultations 10 am	6 Screening 9 am Counseling 8 am Dining with Gilbert 4:30 pm	7 Speaker 10 am	8
9	10 Music 10 am Benefits Assistance 9 am	11	12 Trip 9:15 am Gardening Club Kick-Off 10 am	13 Consultations 10 am	14 Memoir Group 10 am	15
16	17 Site Council 9:30 am Music 10 am	18 Trip 8:45 am	19 MedAssure 9:30 am Speaker 10 am Out to Eat 11 am	20 Counseling 8 am AARP Driving Course 1-5 pm Flu Shots 9 am	21 Memoir Group 10 am	22
23	24 Screening 9:30 am Party 10 am	25 Speaker 10 am	26 Casino 9:45 am	27	28 Alzheimer's Support Group 10 am	29





**CITY OF CHANDLER**  
Community Services Department  
Mail Stop 501, P.O. Box 4008  
Chandler, AZ 85244-4008



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*Senior News*

*"Read All About Us!"*



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